



**HOW TO BE A
HOMEWORK HELPER**
GET YOUR KIDS ON
THE RIGHT PATH {page 15}



BAD, U SINGER FINED FOR RACY VID DISH {page 11}



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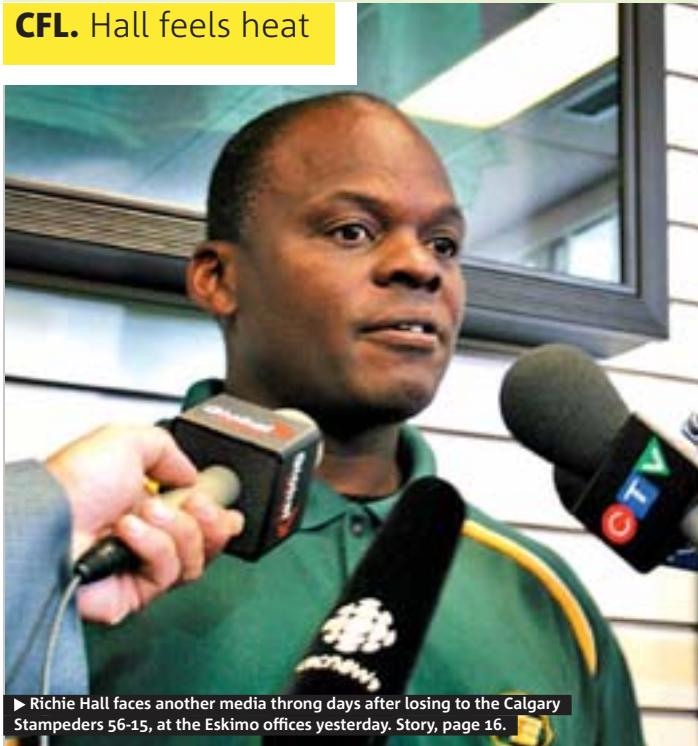
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Wednesday, August 4, 2010
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CFL. Hall feels heat



► Richie Hall faces another media throng days after losing to the Calgary Stampeders 56-15, at the Eskimo offices yesterday. Story, page 16.

ANDREAS MORSE/METRO EDMONTON

Keep the hands clean

► Since April more than 90 cases of viral meningitis have been reported, mostly in Edmonton area ► Virus has affected more people between ages 10 and 30

KATHY LE
EDMONTON@METRONEWS.CA

Children and adults should be more mindful about washing hands, not sharing drinks and staying home if ill.

Since April more than 90 cases of viral meningitis have been reported in Alberta, mostly in the Edmonton area.

"It's caused by a virus called Enterovirus," said Dr. Gerry Predy, senior medical officer of health for Alberta Health Services. "This virus is secreted from the respiratory secretion and it comes from stools."

Although more prevalent in babies, the virus has affected more people between ages 10 and 30. Most of the cases have been related to sports tournaments, recreational activities and kids congregating.

"Viral meningitis isn't a particularly serious form of meningitis like the bacte-

"Most people affected with this virus don't get meningitis, they just get symptoms such as a dry cough, fever and muscle aches. But if you get a really bad headache and stiff neck, then you should seek medical advice."

DR. GERRY PREDY,
SENIOR MEDICAL OFFICER OF HEALTH,
ALBERTA HEALTH SERVICES

rial meningitis," Predy said.

However, unlike common types of bacterial meningitis, the viral strain doesn't have a vaccination.

So far, there have been no reported deaths related to the virus. Contact Alberta Health Services for more information.

Hall talks injuries, performance

Embattled Edmonton Eskimos coach Richie Hall faced the media, and the music, yesterday to answer for the team's poor performance this year, including a recent thrashing at the hands of the rival Calgary Stampeders.

Two wheels to Calgary

Transplant recipient out to raise awareness {page 3}

SX4 hatchback is a winner

All-wheel drive options make this model valuable {page 17}

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SpinDoctor on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/blogs

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FOR YOUNG THEATRE FANS, THERE'S MAGIC TO BE FOUND AT FRINGE

Opinion

AT THE FRINGE FEST

BRYAN SAUNDERS



The Fringe Festival isn't just for adults anymore. The Festival's Kids-Fringe area is breaking attendance records, and a number of kid-friendly plays are drawing plenty of small audience members.

One interesting piece for the whole family is *Tick*, the story of an 11-year-old girl who leads her friends in a revolution against adult-imposed oppression.

Tick — grand prize winner of the 44th Alberta Playwriting Competition — boasts a script full of laughs. And with references to historical figures such as Che Guevara, writer and director Matthew MacKenzie's play doesn't talk down to its intended audience either.

African Folktales with Erik de Waal is especially great for younger kids. Growing up and still today I've loved the texture and humour found in traditional African folktales. Nature and animals often feature prominently, and the template also generally comes with a gentle moral or lesson.

In addition to some interesting puppetry, de Waal brings with him boundless energy that keeps his young audience laughing.

A final performance worth mentioning is playwright Ellen Chorley's original fairytale, *The Fairy Catcher's Companion*. Chorley's show has a nostalgic feel to it, and she readily admits that her complex script borrows themes from such classic children's books as

Family fun

Catch these shows at Fringe Venue #11 — the Strathcona Community League (10139—87 Ave.)

► Tick

Aug. 18, 2:45 p.m.
Aug. 20, 6:45 p.m.
Aug. 22, 3 p.m.
(Show lasts 1 hour)

the Borrowers, the Secret Garden, and the Chronicles of Narnia.

The tale follows two sisters who discover a book that instructs them on how to catch fairies. The problem is — once the two sisters do catch a fairy — they soon question the wisdom of their decision.

Yoga helps women heal: U of A study

► Researchers measured Iyengar yoga's physical, emotional, social effects on breast cancer survivors



KATHY LE

EDMONTON@METRONEWS.CA

many props so it allows you to do fewer poses in class, but you hold them for longer and you can really relax and stretch into the poses."

The 10-week study, led by Amy Speed-Andrews, required women diagnosed with breast cancer, in a survivorship stage, to participate in a before and after questionnaire.

"The feedback we received from the women was very positive," Speed-Andrews said.

Hildebrandt has continued to do Iyengar yoga, even after completing the study.

"I'm running in the half-marathon this Sunday. I'm back in business," she said.



► Penny Coats, a survivor of breast cancer, holds a pose called Adhomukha Svanasana (downward facing dog) at a demonstration held at the Family Yoga Centre yesterday.

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RESCUES

Fire in apartment contained

Firefighters were able to control an apartment fire in less than 20 minutes yesterday, preventing the blaze from spreading to adjacent units.

The fire started in an apartment at 147 Avenue and 53 Street at about 7:20 a.m. It originated un-

der a computer desk in a third-floor suite.

Four people had to be rescued from their balconies; one woman was taken to hospital as a precaution because of a pre-existing condition.

Six others were treated at the scene.

There were fire extinguishers on the first and fourth floors but the ones on the second and third floors had been removed for servicing. The fire caused \$200,000 in damages. • METRO EDMONTON

Laser beam on police chopper leads to arrest

A Calgary man is facing charges after the crew of the city's police helicopter was momentarily blinded by someone aiming a laser pointer at their aircraft.

The incident happened Monday while the helicopter was being used to assist officers on the ground in Calgary's northeast.

THE CANADIAN PRESS

Quick decision saved airshow pilot's life

The pilot of a CF-18 that crashed while rehearsing for an airshow near Lethbridge July 23, says he had only a few seconds to eject from the plane.

Capt. Brian Bewes says he was only in the air for about four seconds before he landed as the plane exploded into the ground in a fireball. THE CANADIAN PRESS

Cyclist proves there's life after a transplant

► Heart recipient's cross-Canada trip ends in Montreal on Aug. 30

 **ANDREAS MORSE**
@METRONEWS.CA

For most people, riding a 10-speed to Calgary would be a feat to be proud of.

For Sylvain Bédard, the 300-kilometre journey isn't so much about pride but more about raising awareness about life after a heart transplant.

"I want to show to transplant recipients out there that there is hope and quality of life," said the 42-year-old from Montreal. "You can do normal things like getting on a bike and riding 70 kilometres a day all the way to Calgary."

Bédard received his own heart transplant 10 years ago after being sick for 20 years prior to that.

He said he struggled to find a balance between his illness, the medication he was on, and his family. "I've been through a few things," he said. "Hard times and good times and that's what this is all about."

On two wheels

► Raising awareness Sylvain Bédard started cycling after his transplant because it was the easiest sport on his body that he could find. Now he's riding from town to town, city to city, talking about life after organ transplants.

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PM eyes smuggling laws



Harper
can keep the migrants in jails until identities are confirmed

Prime Minister Stephen Harper says the government "will not hesitate" to strengthen human smuggling laws. Speaking in Mississauga, Ont., after a local announcement, Harper was asked about the boatload of Sri Lankan migrants that arrived in British Columbia last week. Harper says Canada is a land of refuge, but when hundreds of people come to the country outside the proper channels, it leads to "significant security concerns." Harper says Canadians are concerned when "a whole boat of people" just simply lands.

THE CANADIAN PRESS

Request

Leeann King, a member of the Immigration and Refugee Board, denied a request from members of the Canadian Tamil Congress to also be allowed at the hearings.

► Lawyer's argument
Lawyers for the migrants and for the Canada Border Services Agency had argued the hearings should remain closed to protect the identities of the refugee claimants. King says identifying details such as the person's name cannot be reported.

Name was in blood: Officials

Authorities in Boston say a former medical student accused of killing a New York City masseuse he met through Craigslist scrawled the name of his former fiancee on the wall of his cell — apparently in blood — before committing suicide.

Suffolk County District Attorney Daniel Conley confirmed the name "Megan" and the word "pocket" were written above the door in Philip Markoff's cell. Investigators are still trying to determine the meaning.

THE ASSOCIATED PRESS

Aunt deserves to stay: Judge

A judge who granted asylum to President Barack Obama's African aunt ruled she deserved to stay in the United States because a federal government official leaked her status to a news organization, making her a potential target for persecution in her native Kenya.

U.S. Immigration Judge Leonard Shapiro blasted the leak by the unnamed official in his 29-page ruling granting asylum to Zeituni Onyango in May. His written decision was released this week.

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► Prosecutors have told a U.S. appeals court that they want all fraud charges against Conrad Black to be upheld.

Uphold convictions: Prosecutors

U.S. federal prosecutors say Conrad Black's fraud convictions should be upheld on appeal because they did not rely on a controversial "honest services" law that was struck down by the U.S. Supreme Court and triggered a re-examination of the former media baron's case.

"Never did the government argue that there was an independent, stand-alone, honest services violation," U.S. attorney Patrick Fitzgerald wrote in a filing to the U.S. Court of Appeals released yesterday.

A Supreme Court ruling in June narrowed the scope of "honest services," limiting it to bribes or

kickbacks and instructed lower courts to review Black's convictions in light of the new interpretation.

Defence lawyers contend that the interpretation of the honest services law was key to Black's conviction on three fraud charges, along with one count of obstruction of justice.

But in the filing, Fitzgerald said the prosecution had not used honest services arguments to convict Black in the 2007 case that centred on \$5.5 million US in so-called "non-compete" payments involving the sale of newspaper assets of Hollinger International.

"The government never proposed such a theory to

the jury and instead presented evidence that the money was Hollinger's, was stolen, and was disguised as non-competition payments ... And that theft, of course, comprised a money-fraud."

Defence and prosecution submissions will be reviewed by a panel of three appellate circuit judges led by Judge Richard Posner, who presided over Black's last appeal and took only 20 days to reach a decision. At issue is the right to honest services, a concept developed in the 1970s to convict corrupt politicians seen as defrauding the public.

THE CANADIAN PRESS



► The mother of an injured man reacts as her son lies in hospital in Baghdad, yesterday.

KARIM KADIM/THE ASSOCIATED PRESS

Iraq bomber kills 61

A suicide bomber sat for hours yesterday among hundreds of army recruits before detonating nail-packed explosives strapped to his body, killing 61 and wounding 125 of them.

Que. court acquits hockey legend



"I'm sure it's an extreme relief for him (Guy Lafleur, pictured.)"

LOUIS BELLEAU,
GUY LAFLEUR'S LAWYER



KARIM KADIM/THE ASSOCIATED PRESS

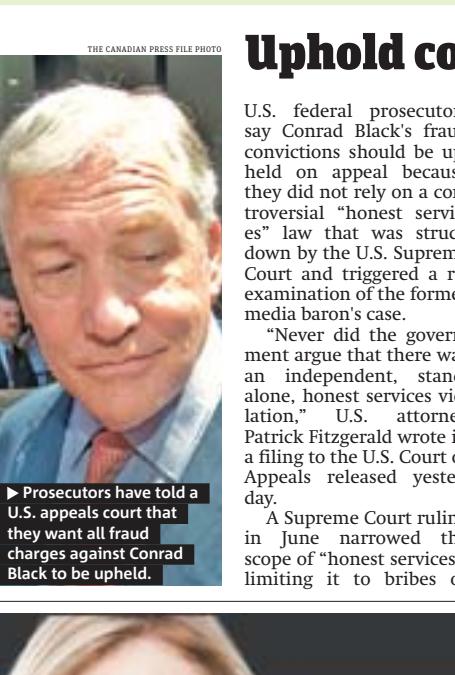
Mother charged in murder

A South Carolina mother who claimed her children drowned when their car careened into a river was charged with murder yesterday after authorities said she confessed to suffocating the two toddlers to be free of them and then

faking the accident.

Shaquan Duley, 29, told investigators she was distraught about money troubles and unemployment, said Orangeburg County Sheriff Larry Williams. He said Duley told them she killed the boys — 2-year-old Devean C. Duley and 18-month-old Ja'ven T. Duley — with her hands after arguing with her own mother about how she was raising the children.

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Montreal. Top hospital



► Quebec Premier Jean Charest outlines Sainte-Justine expansion plans.

PETER RAY RAKOBOWCHUK/THE CANADIAN PRESS

Healthy millions ... for the kids

Montreal's Sainte-Justine children's hospital is getting \$995 million to modernize and build new facilities, CBC News Online reports. Quebec Premier Jean Charest said yesterday the money will fund two new buildings, containing specialized units and a research centre. The Sainte-Justine University Hospital Centre is the largest mother-child centre in Canada.

Xbox 360 plays a phone game

► Microsoft will use its unique expertise to power Windows Phone 7 line ► Target is Apple's iPhone

Microsoft Corp. is bringing its video-game expertise to the forthcoming Windows Phone 7 line.

It's Microsoft's attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a dedicated group inside Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small, independent game makers.

Video game companies will be able to use the

same tools to make a game for a Windows phone or for the Xbox 360 console.

Microsoft is linking the Windows phone games hub to its Xbox Live service, which about 25 million Xbox and PC gamers already use to check out new games, keep track of scores and send messages to fellow players.

On Windows phones, Xbox live members will be able to do those things, plus interact with their animated game-world avatar — a cartoon character customized to look like them.

THE ASSOCIATED PRESS

The game plan

Microsoft is also announcing a preliminary lineup of games that will be available when the phones go on sale.

► Lineup includes popular Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5.

► Other newcomers include Ilomilo, in which players try to unite cartoon critters separated by tricky paths and mazes.

PotashCorp suitors get ultimatum

The Saskatchewan government says any company that might be interested in taking over fertilizer giant PotashCorp will have to keep its home in the province.

BHP Billiton has put forward a \$38.6-billion US hostile takeover bid for PotashCorp, but PotashCorp rejected the offer.

THE CANADIAN PRESS

Market moment

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Air Transat pilots vote for a strike

Air Transat pilots have voted 97 per cent in favour of strike if a collective agreement is not reached with management.

The pilots will be in a legal strike position at midnight on Oct. 1, the Air Line Pilots Association said yesterday.

The pilots have been in contract negotiations since January.

THE CANADIAN PRESS

BIG IDEAS IN THE BIG SMOKE

Just sayin'

PAUL SULLIVAN



I kinda miss Mel Lastman.

Mel wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing around me."

The games subsequently went to Beijing.

A guy like Mel is hard to replace. Fortunately, there must be something special in the city

water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but — amazingly — that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in the future, though, so all is not lost.

And his latest big idea is wor-

thy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the,

um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol,

but will definitely own the phallic/patriotic showoff category. The \$2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti.

Move over Mel! Finally, someone beats the Bad Boy at his own game.

Cartoon



MICHAEL DE ADDER

Redefining prime time

Worth mentioning

If you've never time-shifted a prime-time television series — watched it later on a DVR, over the Internet or ordered it on demand — you're in the minority.

A survey of viewers conducted on the eve of the new fall season quantifies what has become commonplace in millions of American homes: People are putting themselves in charge of their own TV schedule.

Sixty-two per cent of U.S. viewers interviewed in a poll conducted for that nation's largest cable company, Comcast Corp., said they have used time-shifting technology. Six in

Time-shifting: TV's future



TORSTAR NEWS SERVICE

10 people said they owned a digital video recorder.

Among the new majority is Bethany Hardy, 36, of Arlington, Va., a writer and mother of a three-year-old. She said she and her husband rarely watch live television.

"It's a generational thing," she said. "All of my friends are pretty

much the same way."

Hardy said it's after 9 p.m., when the toddler has been put to bed and she's cleaned the house a little, that she has time to think about catching up on her favourite shows.

The survey found that 60 per cent of viewers report time-shifting more than they did a year ago.

THE ASSOCIATED PRESS

Are you concerned about the new superbug?

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Metro Minute at the library

Reptiles and amphibians will be taking the place of books and the Dewey Decimal System at the Stanley A. Milner library today.

Special guest, Gloria J. Brons, owner of Butterfly Wings n' Wishes will be bringing her friends along for the kids to learn from and have some fun with.

Brons travels to schools throughout Alberta, teaching

children about the amazing world of insects, reptiles and amphibians through hands-on experiences.

Kids aged six to 12 are invited to meet live frogs, toads, salamanders and snakes between 2 p.m. and 3 p.m. at the library.

There's a participation limit of 30 drop ins.

• METRO EDMONTON



► Some amphibians will be at the Stanley A. Milner library today, along with some reptiles and insects.

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Quoted



"It is getting hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"

ANGELINA JOLIE TALKING ABOUT HOW IT'S VITAL THAT PEOPLE HELP PAKISTAN'S FLOOD VICTIMS AND NOT SURRENDER TO COMPASSION FATIGUE.

► Everyone says that the hardest thing to do once you make it is to not change who you are
► According to Ice Cube though, it's not the people who make it big that change but the people around them



Ice Cube alienated by his success

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Ice Cube had no trouble relating to Kevin Carson, the young protagonist in *Lottery Ticket* — opening Friday — whose life turns upside down when he wins \$370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to

"Who was cool with me before I made the money is going to be cool with me now" ICE CUBE

fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it,

and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says. "A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desire to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For *Lottery Ticket*, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure — and no power struggles, even though Cube was also on set as an actor for the film. • NED EHRBAR



Marilyn's dress, Michael's glove:
Auction-goers vie to own a piece
of favo stars



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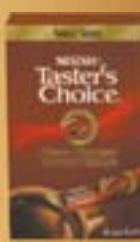
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TV watch list**Awards to be all Family**

EMMY NODS. If you want to be well-prepared for this month's Emmy Awards, plan to spend some quality time with Modern Family, which is up for 14 awards. Five cast members — Julie Bowen, Sofia Vergara, Ty Burrell, Eric Stonestreet and Jesse Tyler Ferguson — are up for awards

► **Modern Family**
City TV and ABC

Hell's fires find a new pan

MORE RAMSAY The top 14 contestants enter the kitchen together for the very first time on MasterChef. Somehow, it seems unlikely that judge Gordon Ramsay will go easy on them.

► **MasterChef**
CTV and Fox

Inside the C

Everything you need to know about the Big C

- **Another name** The series was originally titled The C Word, but was changed because television series The L Word appears on the same brand.
- **Big name piloting the show** Academy Award-winning filmmaker Bill Condon directed the pilot for the series.
- **Benefiting from Weeds?** The series debuted on Aug. 16, 2010, with the sixth season premiere of Weeds. The Big C premiere attracted 1.154 million viewers at the 10:30 p.m. slot — complimenting what Showcase has called 'their biggest ratings night ever.'
- **Online presence** The premiere episode was made available for online sampling two weeks ago. To-date, the premiere has garnered over 1.6 million online views.
- **Other big hit Weeds,** which was on before The Big C, delivered 1.262 million at 10 p.m. (Up four percent from the season 5 premiere.)

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The Big C avoiding the big D

► **Why a 'cancer comedy' isn't depressing, about dying, or writing itself into a hole** ► Star Laura Linney on giving yourself permission to truly live

The Big C calls itself a "cancer comedy," seemingly an oxymoron of a label.

But this tale of how high school teacher Cathy Jamison (the fantastic Laura Linney) reacts to her diagnosis of stage 4 melanoma — mostly in humorous scenes of the uptight 42-year-old's emotional liberation, like ordering "just desserts and liquor" at a restaurant — is much more a contemplative celebration of how we each choose to live life.

"When I created this show, I thought, who doesn't need to laugh more than someone who is dealing with cancer in any sort of way," says series executive producer Darlene Hunt. "But it's also a show about living and not dying. It's a show for everybody because we are all on borrowed time."

As for how Cathy chooses to spend the remainder of her days — including not initially telling anyone about her illness — Linney says Cathy is "learning



► Executive Producer Laura Linney and actor Oliver Platt speak onstage during The Big C panel during the 2010 Summer TCA in July.

from the mistakes that she makes. She's learning from the actions that she does that are positive. And more than trying to have a bucket list, I think she's trying to figure out who she wants to be. What she wants to do is certainly part of it; there's a lot of fun stuff that she does do

because when you're dying you're sort of liberated to do what you want to do. You give yourself permission."

While The Big C is about a woman with terminal cancer, her impending death isn't the focus.

"We don't think in terms of when we go-

ing to kill (Cathy) because the show is much more about the exploration of what she's going to be doing while she's alive," says executive producer Jenny Bicks. "But if it comes time that she goes, we are not going to be afraid of that."

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Badu gets fine, probation for video striptease

► Singer reportedly paid \$500 US to the city of Dallas for baring all at JFK assassination site

A city spokesman says singer Erykah Badu has paid a \$500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot.

Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday, and there was no word on details of her probation.

A spokeswoman for the singer did not immediately comment.

THE ASSOCIATED PRESS



Charges cleared against TV cop

Ice-T has been cleared of unlicensed driving charges stemming from a New York City arrest.

The rapper-actor called out "that's what I'm talking about — dismissed!" in a Manhattan courtroom yesterday. Prosecutors did just that to the misde-meanour case.

The entertainer, born Tracy Marrow, said last month when he was ar-

rested that he had a valid New Jersey license.

Prosecutors said yesterday that New York Department of Motor Vehicles records wrongly reflected that the actor's license was suspended because of a lack of insurance. Ice-T says he didn't know about the glitch in New York records and "never broke the law."

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Celebrity tweets



Wilmer Valderrama
[@Willy-Ville]

Today, something special will happen!.. I can feel it..



Katy Perry
[@katyperry]

I just played in what felt like a steam room in latex. I can't believe I didn't fall faint... summers in Tokyo are HOOOOT!



Nathan Fillion
[@Nathan-Fillion]

Ever eat a bowl of cereal and you are so tired you think, "Was that milk bad?"



Marcia Cross
[@Really-Marcia]

In the first 15 minutes of Peter Pan, Tinkerbell looks in a mirror and thinks she is fat!!!! I was blown away. We have to be aware!



Fishburne done with daughter

Montana Fishburne says her decision to release a sex tape has caused her father, Laurence Fishburne, to shun her. "You embarrassed me," he said, she tells TMZ. "You used your last name. No one uses their real name in porn." Despite the rift, Montana

is hopeful the two will reconcile. "I feel pretty confident that I can work things out with him," she says. "I think he wants to support me in everything I do, and though he sees this now as a negative, I believe in time he will view it as a positive." ■ METRO WORLD NEWS

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Side Trip

If you're planning a vacation in Yellowstone, consider a side trip to an unusual destination in Wyoming on your way.

**DEVILS TOWER**

This natural stone formation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.

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Interested in New Mexican art? The Spanish colonial museum has a new exhibit showcasing its diversity.

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DANIEL HARPZ/THE ASSOCIATED PRESS



► The Beehive Geyser is just one of about 300 geysers and 10,000 hot springs in Yellowstone National Park.

An out-of-this world experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling fountains.

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes.

THE ASSOCIATED PRESS

Trip tips

► The park borders on Wyoming, Idaho and Montana, with five entrances and a series of interior loop roads providing easy access to major features like Old Faithful, Lamar Valley, Yellowstone Lake, the Grand Canyon and Norris Geyser Basin. Admission is \$25 per car. nps.gov/yell/

Yellowstone's natural Wonders

never cease to amaze

It's been a summer of headlines for Yellowstone, though the news has not all been good: Three people were mauled (one fatally) by a grizzly at a campground near the park, authorities briefly staged a manhunt for fugitives in the area, and a buffalo charged a tourist earlier in the summer, flipping her.

But there has also been a major piece of good news, which has underscored the very reason for the park's

existence: There were more visitors to Yellowstone in July — 957,000 — than in any month in its history.

The recession has undoubtedly contributed to vacationers choosing the park as a destination; attendance records were set last summer too. But the high numbers of visitors are also a testament to the park's enduring appeal. And it's not just Old Faithful that keeps people coming back, generation after genera-

tion. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees that you will see the elusive animals. There are only

about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

In contrast, bison were easy to find. They're slow-moving, they don't mind congregating near busy roadways and other tourist-heavy areas.

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► Chocolate Pistachio Cake

Learn to think of
avocado in a new
and exciting way

► It appears that guacamole, a zesty dip made of avocados, may be a little passé now that chefs have found other ways to use this buttery fruit ► Including desserts!

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake

- 170 (6 oz) pistachios, shelled
 - 250 ml (1 cup) sugar, divided
 - 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
 - 170 (6 oz) unsalted butter, cut into 2.5-cm (1-inch) pieces
 - 15 ml (1 tbsp) flour
 - 4 eggs, separated
 - 2 ripe fresh avocados, peeled, seeded and diced
 - 5 ml (1 tsp) vanilla extract
 - 0.5 ml (1/8 tsp) cream of tartar
 - Powdered sugar
 - Creme Anglaise

Method

- Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.

- Increase heat to 180 C

(350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.

- In a microwave-safe bowl, combine chocolate and butter and microwave on medium power for 2 1/2 minutes. Stir until smooth.
 - In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.

- In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level. Bake for about 40 minutes or until a toothpick comes out almost



RECIPE FOR THE RECENTLY DISMISSED

Dismissed employees are always asking "how do you win an employment law case?" Here are three tips that, if nothing else, ought to ensure an appropriate severance package, if not more.

Always negotiate: Companies realize that most people will just take what they are offered, happy to get anything at all. So they deliberately offer less than they are ultimately prepared to pay. There is usually some flexibility in the figures — so ask for more.

Patience: Since the preponderance of lawsuits settle well before trial, the key for dismissed employees is to appreciate when they have great facts on their side — and also when they don't. As the costs associated with litigation act as a deterrent for employees, employers understand that most will accept a reduced settlement at the outset rather than waiting for more. However, if you have a good case, you can expect that much of your legal costs will be recovered — so be patient or be prepared to take a discount.

Select your lawyer wisely: The guidance of experienced counsel is imperative to ensure that your case is properly

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advanced and persuasively argued and that critical mistakes are avoided. A lawyer's Google rankings have nothing do with his or her legal skill. Similarly, there are no rules limiting lawyers without much experience in employment law from professing that they practise it, on their websites and in the media — and they often do. Avoid legal practitioners who brandish promises of extraordinary results. In law as in life, if something is too good to be true, it is often is. Also avoid lawyers, or paralegals, who merely dabble in employment law, since they may not keep abreast of the recent developments — and worse, employers' counsel often knows who they are.



New approach to networking

► New book The Power of Who aims to change how you network

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with

friends you already have. Bob Beaudine, President and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, *The Power of Who: You Already Know Everyone You Need to Know*.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who"

and using them to get to the next step.

Everyone has a "who": List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he knows, Beaudine only considers 87 part of his "who."

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the

simplest," says Beaudine. "We've left all the people who know us, like us, and are rooting for us, and instead network with people who don't know anything about us."

When consulting your "who," know which ones to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

And in this tough job market, your "who" might be just what you needed. "How many people do you need to get your dream job?" says Beaudine. "One, and that's hope." ■ METRO

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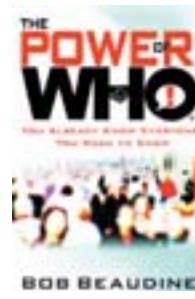
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Power tips

Beaudine's four tips for networking.

- 1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally, such as a previous boss.
- 2. Do I like you? Can you really build a relationship with someone in a few minutes? If your interview-



er has heard about you from a mutual friend, they'll feel like they know you better right away.

- 3. Can I trust that you un-

derstand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustworthy.

- 4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring you.

■ METRO

Finding balance is key to helping with homework

► Study suggests that asking a parent for help can improve a student's academic performance

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's home-

Helpful tip

- Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

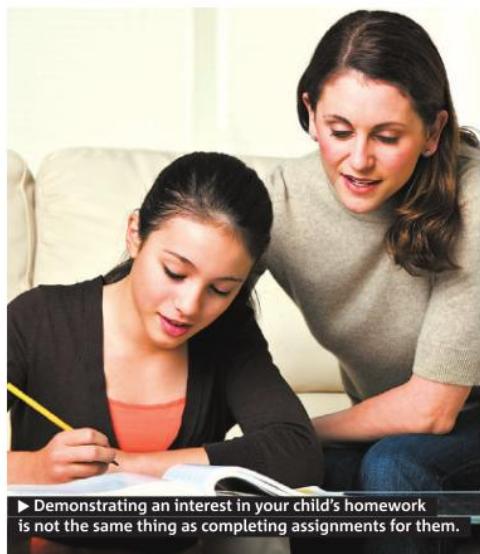
work and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

- Know the school's homework policy. Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and expectations for parent involvement.

• Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.

• Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.

NEWS CANADA



► Demonstrating an interest in your child's homework is not the same thing as completing assignments for them.

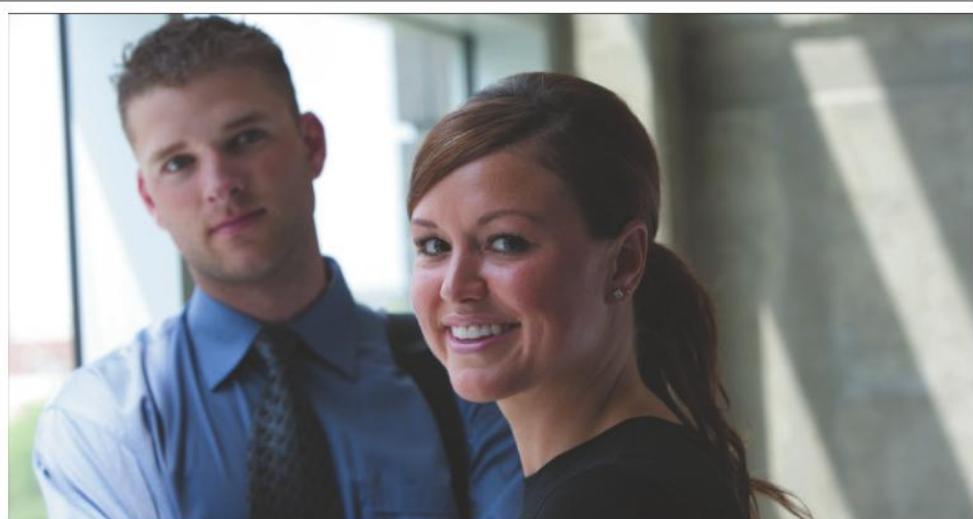
Extra study time leads to better grades

Did you know in the time it takes to enjoy your a re-run of Grey's Anatomy, you can positively impact your child's academic performance?

According to findings from a survey on conducted by Ipsos-Reid, children who are performing at an above average level are spending 12 minutes more per night on homework than struggling counterparts. In short, the children who spend those extra minutes studying are reaping the benefits of a richer educational experience that translates to

success in the classroom.

"So how do I add 12 minutes to my child's homework routine?" Use that time to discuss the assignment. This is a wonderful way to reinforce the concepts, gauge your child's understanding of what he or she has learned, determine what support he or she may require, and emphasize the importance of continued, study. NEWS CANADA



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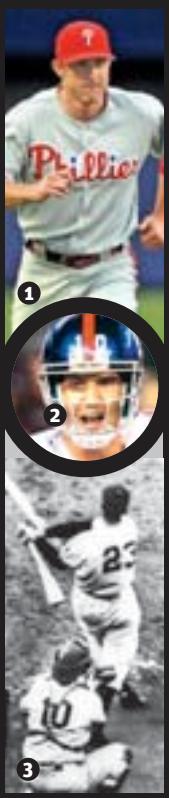


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Sports in brief



1 Phillies activate all-star 2B Chase Utley from DL.

2 New York Giants not certain if Eli Manning will be able to play on Saturday.

3 Famed home run hitter Bobby Thomson dies at age 86.



Scan code for more sports

He's back: Favre up to his old tricks

Brett Favre is back in the building.

The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss., to bring him back for one more shot at a Super Bowl.

This time around, Favre got a ride to Vikings headquarters from kicker and close friend Ryan Longwell — last year, when he joined

Minnesota, head coach Brad Childress was at the wheel. Longwell's black SUV was followed by three helicopters from local television stations and pulled into Vikings headquarters as dozens of fans cheered and photographers snapped pictures.

Favre's website posted a message earlier saying "stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return."

Presumably, Favre did

not make the trip just to tell the Vikings he was retiring, but the team still had not given an official confirmation that the star quarterback will play this year. He is, however, under contract — the second season in a two-year deal worth \$25 million US.

The Vikings issued a media schedule for today, announcing that coach Brad Childress will hold his regular news conference following practice.

THE ASSOCIATED PRESS



BRENDAN SULLIVAN/THE ASSOCIATED PRESS

► Vikings fans wait outside the club's facility in Eden Prairie, Minn., for QB Brett Favre to arrive yesterday.

Eskimos players have some thinking to do

1 Coach gives team some time away from field during bye week **2** Hopes players make mental adjustments



ANDREAS MORSE

@METRONEWS.CA

Aside from the unusually large media contingent at the Eskimos' office yesterday, head coach Richie Hall said he's treating the bye-week break as if it were business as usual.

This despite his football team's 1-6 record and its loss to the Calgary Stampeders on Sunday night.

"We're reassessing our team," Hall said about his plans for the break. "How do we go forward, what are our shortcomings and how do we get better?"

Hall said he told his players to take a couple of days off and get away from football this week.

"Spend time with their families, relax, do whatever they like doing," he said. "But prior to coming back

3 The reality is we're 1-6 but we're also one game out of a playoff spot. We still have an opportunity to salvage the season."

RICHIE HALL, ESKIMOS HEAD COACH

make sure they take an opportunity to sit there and think about what kind of player they want to be and what kind of team we want to be."

The Eskimos are off to their worst start in more than 40 years but Hall said his team isn't quitting.

"You like to think that no one is quitting on anyone," he said. "The reality is we're 1-6 but we're also one game out of a playoff spot. We still have an opportunity to salvage the season."



LARRY MACDOUGAL/THE CANADIAN PRESS

► Edmonton Eskimos quarterback Jared Zabransky, right, fumbles the ball during Sunday's game against the Calgary Stampeders. Edmonton entered its bye week with a 1-6 record.

LeBron vents about old boss

Adding a new layer to the rift between LeBron James and Dan Gilbert, the NBA's two-time reigning MVP and new Miami Heat forward has told GQ magazine that he isn't sure the Cleveland Cavaliers owner "ever cared" about him during their time together.

In an article released yesterday, James spoke of how widespread criticism of his decision — and how he chose to make it a tele-

vision event — is fuelling him this off-season, plus reiterated how Ohio will always remain his home.

But perhaps his sharpest words were reserved for Gilbert, the owner who lashed out at him shortly after James announced that he would be joining the Heat.

"I don't think he ever cared about LeBron," James is quoted as saying.

THE ASSOCIATED PRESS



STEPHEN CHERNIN/THE ASSOCIATED PRESS

► LeBron James

Sports in brief

Top seed loses at Rogers Cup

MONTREAL. Top seed Jelena Jankovic of Serbia did not make it out of her first match at the Rogers Cup, losing to qualifier Iveta Benesova of the Czech Republic 7-6 (3), 6-3 on centre court last night at Uniprix Stadium.

THE CANADIAN PRESS

Mets stop paying K-Rod

MLB. The New York Mets are withholding injured closer Francisco Rodriguez's salary while he's sidelined. Rodriguez was placed on the disqualified list yesterday, six days after he tore a ligament while punching his girlfriend's father outside a family lounge at Citi Field.

THE ASSOCIATED PRESS



SX4 hatchback winner all the way

► Suzuki hatch a step up from the bland sedan version ► All-wheel drive, options galore make this 2010 model a great value for your money

NEIL MOORE
DRIVE@METRONEWS.CA

With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan

with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan, this funky little five-door, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16- and 17-inch alloy wheels

pushed to the four corners, very short rear overhangs and relatively wide track, the SX4 has a firmly planted look.

That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with six-speed manual) begins at \$17,695.

This gets you keyless en-

try; power windows and doors; air conditioning; four-speaker, satellite-ready AM/FM/CD/MP3/WMA sound system; rear window wiper/washer; six airbags, ABS with brake assist and electronic brake-force distribution, and more.

This little hatch is no off-roader, but for cottage roads or slippery conditions, a rocker switch between the front seats can toggle from 2WD (front drive) to Auto, which sends power to the

The specs

2010 SUZUKI SX4

- VEHICLE TYPE Compact five-door hatchback
- PRICE from \$17,695
- ENGINE 2.4-litre DOHC, 16-valve four-cylinder (150 hp; 140 lb/ft of torque)
- FUEL ECONOMY 8.9/6.9 L/100 km (31/41 mpg) (city/highway)

rear when needed, or even Lock, which sends constant torque to both axles up to 60 km/h.

5
drive

In brief



One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.

FROM CARGUIDE



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2010 NISSAN TITAN XE CREW CAB 4x4

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Putting the brakes on gas guzzling cars

► Mazda's braking technology helps improve fuel economy

DRIVING FORCE

JIL MCINTOSH
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Improvements in vehicle fuel economy seldom make giant strides. Instead, man-

 "Brake pedal feel is very important to us, so we had to do this without making the brake pedal feel soggy."

MAZDA'S RUBEN ARCHILLA

ufacturers use numerous technologies that, individually, make only minor changes in the consumption figures. Add them all together, though, and they can make quite a difference at the gas pump.

That's the idea behind the brakes on the all-new 2011 Mazda2, which save a fractional amount of fuel that then adds up alongside other improvements throughout the car.

Although they don't look any different from those on other vehicles, there is a tiny gap between the Mazda2's brake rotors — the metal discs that sit behind each wheel, and which turn with them when you're driving — and the metallic brake pads

that are squeezed against them when you hit the brake pedal, which brings the car to a stop.

Normally, the pads always rest lightly against the rotor, which requires energy to overcome the drag.

The new Mazda system eliminates the contact between pad and rotor.

"The basic concept was to reduce the frictional

losses that are attributable to the drag between the rotor and the brake pads when you're driving," says Ruben Archilla, group manager of advanced engineering and program promotion for Mazda North American operations.

"On the Mazda2, we were able to reduce the amount of drag from the brakes by about 50 per cent."

Inside innovation

The brake pads are held in a caliper, a metal bracket containing a small piston that squeezes the pads against the rotor. Mazda's engineers revised the shape and structure of the piston seal,

so that when the driver takes his foot off the brake pedal, the pads pull away further from the brake rotor. In effect, the pads "float" above the spinning rotor, without touching it.



► The all-new 2011 Mazda2.



*Based on 2010 New European Driving Cycle data. Transport Canada fuel consumption figures are not available and may vary.

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LONG MAY YOU RUN AND ALL THAT

I recently parted company with a car, a certain 1993 Mercedes-Benz 190 2.6. I didn't have this one all that long, about two and a half years. And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ...

As I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner, I wasn't ready to start balling like a five-year old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window. I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance

to move up. Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahn-approved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current inductee in the European Automotive Hall of Fame. After our talk he came out to the parking lot and gave me a personal engineering tour of my own car.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4.

At any rate, she's down the road now. I see now that I was just a temporary custodian.



► The Dodge Challenger

Muscle madness

NADAguides.com, a U.S. provider of vehicle pricing and information, has noticed the continued popularity of muscle cars in the website's daily list of Top 10 Most Researched Sports Cars and Coupes — with modern muscle cars from Chevrolet, Ford and Dodge dominating the list.

"Demand for modern muscle is on the rise, as seen by the introduction and buzz surrounding the 2010 model year Chevrolet Camaro,

Dodge Challenger and Ford Mustang," says, Don Christy, Jr., president of NADAguides.com.

"Buyers like the appeal of their sleek modern-meets-old-school exteriors combined with powerful yet impressively fuel efficient engines."

Christy also noted that the interest in contemporary muscle cars is mirrored by growing popularity of classic muscle.

FROM CARGUIDE

Ford Explorer in green territory

► Revamped vehicle uses bio foam, recycled fabric for its interior

The all-new Ford Explorer is more than just the new fuel economy class leader in the midsize SUV segment.

The reinvented Explorer, which arrives later this year, also sets a new benchmark for sustainability in the SUV segment due to an increased use of renewable and recycled content, such as parts made from steel left over from F-150 production.

The new Explorer also leverages Ford's industry-leading use of bio foam and recycled fabric in its interior. These and other eco-improvements help make Explorer 85 percent recyclable.

Ford is minimizing waste by making Explorer's noise-dampening fender baffles, which fit



► The 2011 Ford Explorer is 85 per cent recyclable.

between the vehicle's outer shell and its inner structure, from steel left over after stamping the door openings out of F-150 body sides.

The new Explorer is the latest Ford vehicle to feature 40 per cent soy polyurethane foam in seat cushions and seatbacks. Ford remains committed to

using the bio-based material in nearly 100 per cent of its North American vehicle lineup by the end of the year.

FROM CARGUIDE

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\$170 b/w

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The RAV4 revolution

► Beloved Toyota model popularized the small crossover SUV trend ► All-season confidence RAV4 highlight

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted

back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

The last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower unit — and both manual and automatic transmissions were available. All models in this generation got an automatic four-wheel drive system that split engine power between the front and rear wheels for maximum grip on virtually any surface.

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvring and



► Good handling and mileage are some of the Toyota RAV4 features liked by owners.

parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

What Owners Hate

Many RAV4 owners wish

for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rear-seat space, and a rougher-than-expected ride on some models have also been reported. Some owners aren't fond of the RAV4's sideways-hinged, swing-open tailgate, either.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, chunky, strange or spo-

The specs

- MODEL 2001-05 Toyota RAV4
- VEHICLE TYPE Crossover SUV
- APPROXIMATE USED PRICE RANGE \$6,000 to \$16,000

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Crossword

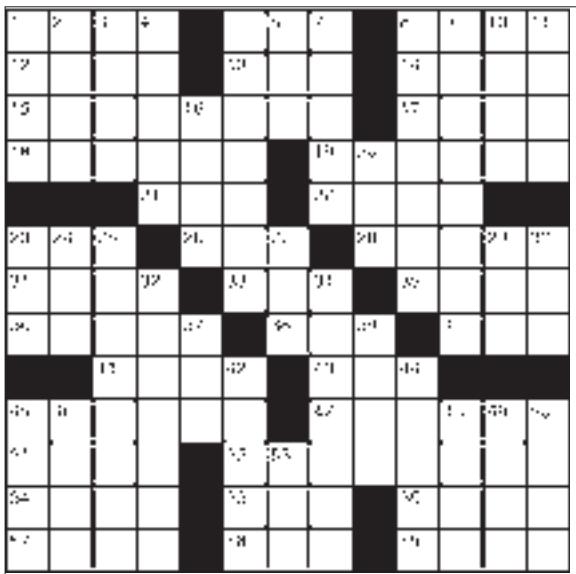
Across

1 Masters activity
5 — Moines
8 Sapporo sashes
12 Actor Sharif
13 "Yech!"
14 Relinquish
15 Too young
17 Acknowledge
18 Handgun
19 Portobello alternatives
21 Anat. or biol.
22 Twosome
23 — de deux
26 \$ dispenser
28 Skill
31 Ignore
33 Sweet potato
35 Malaria symptom
36 Below (Pref.)
38 Burst
40 Work unit
41 Enamored (of)
43 Scot's chapeau
45 Whirl
47 The hot wings were too much for him

51 Fork option
52 Insurance
54 Desire
55 Praise in verse
56 Pickle flavor
57 Existed
58 Football meas.
59 Pastoral work

Down

1 Rise
2 All (Pref.)
3 Young fellows
4 Worries
5 Two-sidedness



- | | |
|------------------------|--------------------------------|
| 6 Early bird? | 34 Reasons, in who-dunits |
| 7 A Stooge | 37 Pismire |
| 8 Sweet potato | 39 Walk the floor |
| 9 Drink | 42 Fake duck |
| 10 "American —" | 44 — Gras |
| 11 Stitches | 45 Food |
| 16 Cabo da —, Portugal | 46 Bygone times |
| 20 Erstwhile acorn | 48 Incursion |
| 23 Omega preceder | 49 Unattractive, and then some |
| 24 — Arbor, Mich. | 50 Find a buyer for |
| 25 Right to vote | 53 Peculiarfame |
| 27 Chart | |
| 29 Scoundrel | |
| 30 Small barrel | |
| 32 Make wider | |

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Why are you so reluctant to commit yourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry — you're a natural.

Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn yourself out. You are advised to save as much energy as you can over the next few days.

Gemini May 22-June 21 What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

Leo July 23-Aug. 23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

Virgo Aug. 24-Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

Libra Sept. 23-Oct. 23 You may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone.

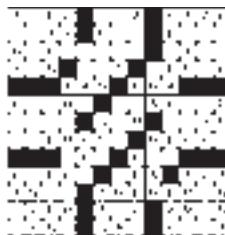
Sagittarius

Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great team.

Sudoku

9		1		5		2		
	2		4					
8	4				5	1		
	1	8		9	7			
9						6		
	5	4		7	3			
6	2				4	7		
		3		6				
4	7	1		8				

► Yesterday's answer



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

A look at the weather

TODAY

Min 7°

Max 26°

THURSDAY

Min 12°

Max 24°

FRIDAY

Min 7°

Max 19°

Michele McDougall
Weather Specialist



BREAKFAST
TELEVISION



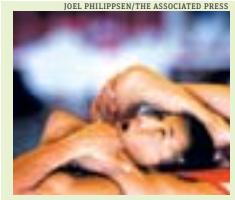
Caption contest



"Mommy, is the recession over yet!?"
AMANDA ODSEN

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To Bru! Love you babe! Sorry I can be stupid at times!!!!<3 CHRIS

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchildren. Happy Anniversary. Lots of Love, YOUR WIFE, MARY

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. JRBW

Babochka, Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. LOVE, YOUR UNICORN.

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, LOVE D.



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GLS Sport model shown

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